



Devil Sauce



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



286 kcal

SAUCE

Ingredients



0.5 teaspoon ground coriander



1 tsp hot sauce red such as tabasco



0.8 cup mayonnaise

Equipment



bowl

Directions

- ☐
- In a small bowl, stir together mayonnaise, coriander, and 1 tsp. hot sauce. Taste and add more hot sauce if you like.
- ☐
- Make ahead: Chill airtight up to 1 week.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:3.7560870832075%

Nutrients (% of daily need)

Calories: 286.48kcal (14.32%), Fat: 31.46g (48.41%), Saturated Fat: 4.92g (30.73%), Carbohydrates: 0.4g (0.13%), Net Carbohydrates: 0.29g (0.11%), Sugar: 0.25g (0.28%), Cholesterol: 17.64mg (5.88%), Sodium: 298.5mg (12.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.88%), Vitamin K: 68.49µg (65.23%), Vitamin E: 1.38mg (9.19%), Selenium: 1.03µg (1.47%), Vitamin C: 0.95mg (1.15%)